



# Colonial Williamsburg News

INFORMATION ABOUT COLONIAL WILLIAMSBURG PEOPLE AND PROGRAMS  
JULY 21, 2016 Online at [www.colonialwilliamsburg.com/PubRelations/Public/CW\\_News\\_Online/cwnews/current.pdf](http://www.colonialwilliamsburg.com/PubRelations/Public/CW_News_Online/cwnews/current.pdf)

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## Paul Freiling elected mayor of City of Williamsburg

**Paul Freiling**, Colonial Williamsburg's director of principal gifts, was sworn in as mayor of the City of Williamsburg on Friday, July 1 in the Courthouse of 1770 in the Revolutionary City.

Paul has been a member of the City Council for 12 years and vice-mayor for the past six. He graduated from the College of William and Mary in 1983 and has been working for the Foundation for the past 34 years. He has served on the city's Beautification Advisory Committee, Architectural Review Board, Planning Commission and currently serves as the City Council representative on the Economic Development Authority.

Members of Williamsburg City Council are: D. Scott Foster, vice mayor; Douglas Pons; Barbara L. Ramsey; and Benning Zhang.

Colonial Williamsburg hosted the proceeding and delivered the City Mace for the ceremony. The mace shows the seal of the city and bears the mark of a London silversmith dated 1749. It is on permanent display at the DeWitt Wallace Decorative Arts Museum.

The Courthouse of 1770 was the seat of local government in Williamsburg until the restoration of the Historic Area in the 1920s. Since July 1, 1998, and every other year thereafter, the Williamsburg City Council has returned to the Courthouse of 1770 where the Oath of Office is administered to newly elected City Council members, and the Council holds its biennial organization meeting as prescribed by the Williamsburg City Council Charter.



Photo by Joe Straw  
The Honorable Michael E. McGinty, presiding judge of the Williamsburg-James City County Circuit Court, administered the Oath of Office to re-elected councilman **Paul Freiling**.



Photo by Lael White

The Colonial Williamsburg Productions team that worked on "The Freedom Quest of Oney Judge" celebrated their Emmy® win. They are (left to right) **Charles White**, **P. Dennis Mitchell**, **Wayne A. Hill** and **Jorin Hood**.

## "The Freedom Quest of Oney Judge" captures Emmy® Award

Two Colonial Williamsburg employees won Emmy awards for their work on the HERO educational program, "The Freedom Quest of Oney Judge."

The National Academy of Television Arts & Sciences' National Capital Chesapeake Bay Chapter recognized music composer **Wayne A. Hill** and sound recordist **Charles White** in the audio craft category during its awards gala at the Baltimore Marriott Waterfront Hotel June 25.

"This is the second Emmy award for **Charles White**," said **Linda Randulfe**, director of production services. "We are very proud of his accomplishment, along with that of **Wayne A. Hill**, who did an exceptional job on the audio for 'The Freedom Quest of Oney Judge' under the guidance of **P. Dennis Mitchell**, audio producer and sound supervisor, with input from director **Jorin Hood**. It is wonderful to have work from the Productions team recognized, as it has been so many times over the past decade."

"The Freedom Quest of Oney Judge" premiered on Nov. 19, 2015. Students learned about the dangers Oney Judge faced when she left her life as the enslaved servant of George and Martha Washington. Oney's quest was threatened by her former owners, the law and poverty.

Colonial Williamsburg Productions had two other nominations, in the Informational/Instructional Program category:

- "Working Children." Employees included in the nomination are **Linda**

**Randulfe**, producer/director/editor; **Frances Burroughs**, producer; **Leslie Doiron Clark**, co-producer; and **David Shelton**, effects editor.

- "The Freedom Quest of Oney Judge." Employees honored in the Informational/Instructional - Program/Special category are **Linda Randulfe**, producer; **Jorin Hood**, director; **Gene Rhodes**, director of photography; **P. Dennis Mitchell**, audio producer; and **Annie Lewis**, associate producer.

The Emmy Awards honor excellence in television production in various sectors of the television industry, including entertainment programming, news and documentary shows, sports programming and craft categories. This year, there were 937 submissions in the 2015 Call for Entries in 105 separate categories of achievement. In all, 317 nominations were announced by chapter officials.

Formerly known as Electronic Field Trips/HERO Live!, the series of broadcasts ended in April after 21 years. However, Colonial Williamsburg's multimedia library of American history resources remains available and includes programs such as "Working Children" and "The Freedom Quest of Oney Judge." HERO also features educational video, student web activities, classroom lessons and other teacher resources.

This program was underwritten in part by the William and Gretchen Kimball Young Patriots Fund.

## Trilogy Spa now managing The Spa of Colonial Williamsburg

Colonial Williamsburg announced that Trilogy Spa Holdings (Trilogy), a fast-growing boutique operator of luxury spas in iconic hotels and resorts, is now managing The Spa of Colonial Williamsburg, a Forbes-rated Four Star spa located in the heart of Virginia's 18th-century capital. Trilogy has assumed responsibility for the day-to-day management of The Spa including its facilities, services, boutique and more.

Trilogy is a professional boutique spa management company dedicated to operating the most innovative, service-centric and performance optimized spas in the hospitality industry. Known for transforming spas into highly profitable businesses within the world's finest properties, Trilogy has achieved great success and critical acclaim at spas such as the Guerlain Spa in the Towers of Waldorf Astoria New York, the first Sisley-Paris Spa in North America at The Carlyle, A Rosewood Hotel and Well & Being at the Fairmont Scottsdale Princess.

"We are thrilled to join forces with Trilogy," said **Florencio Ferrao**, Colonial Williamsburg vice president of hospitality. "We look forward to enhancing our guests' stays by providing them with the most original and innovative spa, fitness and wellness experiences while capturing the beauty and culture of Colonial Williamsburg."

"Trilogy is at the epicenter of the growing trend of infusing beauty and wellness with luxury travel experiences. Colonial Williamsburg is a national treasure. Our aim is to expand the variety of activities available to guests, taking inspiration from the surrounding environment," noted David Stoup, chairman of Trilogy Spa Holdings. "We are excited at the prospect of refreshing The Spa of Colonial Williamsburg to meet the expanding needs of today's discerning guest."

The Spa of Colonial Williamsburg offers relaxing, rejuvenating and healing therapies inspired by five centuries of wellness practices. Located in a Georgian Revival building, the 20,000-square-foot Spa radiates Southern charm, harmonizing with its historical surroundings and the personality of the colonial heritage.

Designed by renowned spa designer Sylvia Sepielli, the Spa features 12 private treatment rooms and two suites for couples; a full-service nail, hair and skin care salon; men's and women's locker rooms featuring private changing rooms, rain showers, large



Photo by Penna Rogers

**Katherine Aadahl** greeted a guest at the Spa of Colonial Williamsburg. Trilogy has assumed responsibility for the day-to-day management of The Spa.

whirlpools and aromatherapy steam rooms; one heated indoor and two outdoor pools; a fitness center with state-of-the-art Nautilus equipment; group fitness classes; light spa cuisine and more.

The Spa is open to day visitors and guests of Colonial Williamsburg hotels, which include the Williamsburg Inn, Williamsburg Lodge, Providence Hall, Colonial Houses - Historic Lodging, Williamsburg Woodlands Hotel and Suites and Governor's Inn.

Modifications to the spa menu and brand are expected to take place in the next three to six months.

Additional information is available online at [colonialwilliamsburg.com](http://colonialwilliamsburg.com), by calling 1-855-296-6627, or by visiting Colonial Williamsburg on Facebook and @colonialwilliamsburg on Twitter and Instagram.





## Colonial Garden and Nursery stand the test of thyme

Colonial Williamsburg's Colonial Garden and Nursery celebrates its 20th anniversary in 2016.

Started in 1996 by now retired historic gardener **Wesley Greene**, the garden site was opened to interpret the story of 18th-century professional gardeners. Historic gardeners sow seeds, weed, transplant, pot, bud and graft using period tools and techniques.

The nursery depicts many of the herbs, flowers and vegetables that were planted in 18th-century gardens. The flower bed contains a combination of old world flowering plants – what the colonists brought with them – and new world flowering plants – what the colonists found when they arrived.

The garden contains several plants native to America such as columbine, rudbeckia, bee balm, cup plant, oak leaf hydrangea, John Clayton honeysuckle, Jack-in-the-Pulpit, bloodroot, wild ginger, Jacob's ladder, foam flower and bleeding heart.

The plants in this garden have a history. Guests can learn about medicine, foodways and garden practices. Bloodroot was used for purges. Comfrey was used for skin lesions and bruises. Hyssop was thought to stop coughs. Tansy could be used as a pesticide for the 18th-century home.

A colonist would not go hungry eating out of this garden. Vegetables include peas, cauliflower, asparagus and a variety of lettuces. Watermelon, musk melon, raspberries and grapes are a few of the fruits that can be enjoyed from the garden.

The garden holds several horticultural surprises for guests. "Our collection of native trees that are hard to find in nursery's tends to be of a great interest to our guests but also some of the more exotic that people didn't realize we could grow such as the pomegranate and fig," said journeyman/supervisor **Jennifer Mrva**. "Boxwood is a huge seller. Popular herbaceous plants might include tuberose, china pinks, foxglove and various herbs."

When Jennifer, along with apprentice gardener **Emily Spears**, have the opportunity, they ask young guests to help maintain the garden. Children like to hoe or carry water from the well. The garden gives many children – especially those from metropolitan areas – an opportunity to work with nature. They can smell fresh spearmint, learn about sources of water for the garden and see insects that live in the garden. On oc-



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Photos by Penna Rogers

The Colonial Garden and Nursery demonstrates 18th-century gardening methods to Colonial Williamsburg guests. Gardeners from the Historic Trades and Skills department maintain the garden. (1) Intern **Skye O'Sullivan** watered a collection of 18th-century plants. (2) **Skye** showed a young guest a table of sensitive plants. When touched, the sensitive plant's leaves droop. (3) Apprentice gardener **Emily Spears** planted pattypan squash seeds in hill that once contained artichoke plants.

casation, they can enjoy the taste of peas or receive a flower as a reward for helping.

Colonial Williamsburg gardeners discovered how their colonial counterparts stretched their growing season. Correspondence from avid colonial gardeners such as John Randolph and John Custis revealed more detail about gardening practices. Since drying and pickling were the only methods of preserving foods

during colonial times, some fresh vegetables were unavailable in the off-season. John Randolph outlined procedures for the use of a hot bed in his garden to ensure the availability of these vegetables. Hot beds, which are used for forcing plants, were used by upscale, proficient gardeners to grow plants out of season.

The garden site was based on documentation from Thomas Crease, a gardener for

one of the royal governors and the College of William and Mary. Crease advertised seeds and plants for sale in the Virginia Gazette.

*Want to go? The Colonial Garden and Nursery is located on the Duke of Gloucester Street across from Bruton Parish Church. Employees receive a 25 percent discount off of products with the presentation of a valid Colonial Williamsburg ID.*

## Bring 18th-century history to your home and garden

Guests can find more than plants at the Colonial Garden and Nursery. Colonial Williamsburg's products offers a line of merchandise that can cultivate an interest in 18th-century gardening.

Bird bottles have made happy homes for small birds since 1699. A distinctly WILLIAMSBURG accent, these glazed ceramic bird bottles are reproduced from an original excavated from the yard of the James Geddy House.

Guests can buy a thunderglass with a cast iron holder. This historically inspired water barometer, also known as a "weather glass," is one of the earliest known weather forecasting tools. The water level in the spout rises and falls with changes in atmospheric pressure.

For gardeners with a green thumb, the Colonial Garden sells heirloom seeds for a variety of flowers, herbs, fruits and vegetables. Guests can raise their own sunflowers, Sweet William, Chinese lanterns, sea lavender, native tobacco, tomatoes, Italian parsley, pumpkins, cucumbers and broccoli.

Gardeners in the 16th and 17th centuries had watering under their thumbs with the use of an oddity called the thumb pot. These ceramic pots were first recognized in "The Gardener's Labyrinth" in 1577 and predates the watering can. The water dispenser is immersed in a bucket of water. Once filled, the gardener places his thumb over the hole at the top. The gardener can water his garden

by removing his thumb and releasing the water on his plants.

Bell jars are still used by gardeners for centuries to protect and nurture young plants. The jars are also wonderful for protecting and displaying fragile or beautiful objects. These are inspired by shards unearthed in Williamsburg and designs in period prints and engravings.

Redware pots are available for planting. They come in a one-quart size with a rolled edge. They also are available in two-, three- and five-gallon sizes.

Nothing will make guests feel more like 18th-century gardeners than taking water to plants with a hand-made cypress bucket in two sizes – large and small. Piggins – smaller buckets with a handle – are available for other horticultural chores. Guests can acquire a wooden dibble or an oval trowel to plant bulbs or seedlings.

Children will enjoy the variety of products for them. Boys and girls straw hats keep the sun off young gardeners. Young ladies can stay cool in the summer with decorated fans. Children can make bird noises with bird whistle waterpipes. Children who want a hands-on experience in a garden will find the children's rake useful.

How did the residents of the 18th-century colonial capital grow their gardens? Two Colonial Williamsburg books give readers insight into 18th-century gardening practices and their results. "Flowers and



(Photo left) Sales interpreter **Amber Poole** holds a new watering can. (Photo right) The Colonial Garden and Nursery also carries plants and home and garden accents.



Photos by Penna Rogers

Herbs of Early America" by author Lawrence Griffith rediscovers America's botanical heritage with this chronicle of the history and cultivation of 56 species of colonial flowers and herbs. In "Vegetable Gardening the Colonial Williamsburg Way," historic gardener **Wesley Greene** shares history and folklore along with practical advice on growing vegetables, herbs, garden tools and cultivation

techniques. Two old favorites, "The Plants of Colonial Williamsburg" and "The Gardens of Colonial Williamsburg," also are available.

The Colonial Garden and Nursery is a collaborative effort between Historic Trades and Skills and the products division.

*Want to know more? Additional garden products also can be found online at [www.williamsburgmarketplace.com](http://www.williamsburgmarketplace.com).*





## Situational Awareness: Practice being alert to your surroundings

Employees work as part of a team to make Colonial Williamsburg an engaging site for guests. This comes with the responsibility of ensuring guests are traveling to a safe living history museum. The safety, security and transportation department is working to make Colonial Williamsburg safer for employees and guests by providing situational awareness training.

"First, we need to know and recognize that threats to our safety exist, and they may exist within your area during your day-to-day routine," said Det. Lt. **Jay Sexton** of the safety, security and transportation department. "Unfortunately, many are plagued with normalcy bias and have little consideration for their own security while living in their cocoon of perceived safety. What they don't know is their perception of security is a very thin veneer."

Employees should assess their work environment. They should determine what is normal in their areas such as who works where, who belongs and who doesn't. They can:

- make note of changes
- trust their instincts and
- report suspicious behavior

Through these exercises, employees can make correlations between who works at their facility, determine who works at other facilities and watch for an interruption in routine operations during heavy activity, deliveries, event preparation and service calls.

Employees should keep an eye out for suspicious activity that includes:

- Unusual items or situations. A vehicle that is parked in an odd location, a package/luggage that is unattended, a window/door that is open that is usually closed or other out-of-the-ordinary situations.
- Eliciting information. A person questions individuals at a level beyond curiosity about a building's purpose, operations, security procedures and/or personnel, shift changes, etc.
- Observation/surveillance. Someone pays unusual attention to facilities or buildings beyond a casual or professional interest. This includes extended loitering without explanation (particularly in concealed locations); unusual, repeated, and/or prolonged observation of a building (e.g., with binoculars or vid-

eo camera); taking notes or measurements; counting paces; sketching floor plans, etc.

- Some of these activities could be innocent. It's up to law enforcement to determine whether the behavior warrants investigation. The activities above are not all-inclusive, but have been compiled based on studies of pre-operational aspects of both successful and thwarted terrorist events over several years.

"The police are not everywhere and YOU are the first line of responsibility," Jay said. "Remember this, 'When seconds count, the police can be minutes away.' You need to look out for yourself. You know that 'voice' of intuition in the back of your head? You probably should not ignore it.

"Apparently many victims who experienced feelings of danger prior to an incident – chose to ignore them (and therefore became victims). Your semi-subconscious mind, coupled with your senses, have a way of alerting you to potential danger – if only you 'listen' to it."

How can Colonial Williamsburg em-

ployees help law enforcement officials? They can provide a good description of the person such as race, sex, height, weight, age and hair color. Other things such as facial features, shape and size of the head, ears, eyes, nose and mouth, teeth and lips, and abnormalities such as scars, birthmarks and moles can be part of a description of a person.

Vehicles also play an important part in identifying an individual. Employees should get information on the vehicle including type, color, size, make and model, number of doors, license and year.

Other useful information an employee should note include damage, tire type/tire markings, wheel design, bumper/window stickers, unusual sound, items in car, window tint, antennae and trailer hitches/winch.

"The final step is to actually do it," Jay said. "Discipline yourself to consciously practice situational awareness. Pay attention to what's happening around you and your gut feelings. Practice being alert of your surroundings, even while you're distracted or busy."

Want to know more? Visit <http://litrinet/stp/EIC.htm> for more information on situational awareness.

## Inclement weather doesn't dampen mood of Independence Day



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Photos by Penna Rogers

July Fourth 2016 opened with rain, but it did not dampen the patriotic spirit of Colonial Williamsburg guests. (1) The Fifes and Drums performed during Salute to the States but did not march behind the Courthouse but stayed on Duke of Gloucester Street instead. (2) While corps members displayed flags of the original 13 colonies, the Fifes and Drums played the corresponding state song. (3) **Adam Claar** and Colonial Williamsburg's mascot, Liberty, greeted guests at the Regional Visitor Center. (4) The Colonial Faire moved to the Raleigh Tavern. Young guests raced hoops and sticks. (5) **Doug Paulson** presided over the auction. (6) Guests in the packed house at the auction tent near Market Square had an opportunity to bid on a unique collection of items, many that could not be found in Colonial Williamsburg's retail stores.



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WHAT'S HAPPENING

Your Story

Jennifer Mrva makes guests' interest in 18th-century gardening grow

**EMPLOYEE NAME:** Jennifer Mrva  
**POSITION:** Journeyman/Supervisor Gardener, Colonial Garden in Historic Trades  
**YEARS OF SERVICE:** "I have been employed by The Colonial Williamsburg Foundation for almost four years and have been an apprentice gardener for three years and more recently this spring became a journeyman."

**WHAT I DO:** "The Colonial Garden is located directly across the street from Bruton Parish Church. We have many guests daily because of our location and the fact that we are a non-ticketed location. Many guests wander in the Colonial Garden while strolling along Duke of Gloucester Street."

"We essentially have three planting seasons in the Colonial Garden that I am involved in. In February in hot beds, we begin planting cabbage, cauliflower, lettuce, celery and peas. Our second hotbed we start in the first week of March to give things like tomatoes, peppers, melons and cucumbers a head start before our last frost date. In May and June, we plant our warm loving crops such as beans, squash, watermelon and sweet potatoes, which would have been a typical gentleman's garden in colonial times."

"In the fall, we will plant cabbage, kale, lettuce, among other cool loving crops. Many of the vegetables we plant eventually find their way into our demonstration kitchens where they will be used by foodways to prepare fantastic dishes that are correct to the 18th century. In addition to vegetables, the Colonial Garden also grows various plants, fruit trees and flowers, including roses and tulips, all of which are sold in our Colonial Garden Shop. Everything we grow is appropriate to 18th-century Virginia."

"In addition to the planting and caring of our plants and flowers on a daily basis, we also like to talk to our guests and explain to them the various aspects of colonial gardening. This week was the annual Garden Symposium in Colonial Williamsburg, and we had many attendees visit our garden while here."



Photo by Penna Rogers

Jennifer Mrva cut grass in the Colonial Garden and Nursery with a scythe.

**WHAT I LIKE ABOUT MY JOB:** "I love working outdoors and learning more about colonial gardening and sharing this information with our guests. Although the summers here can be rather warm, we will do most of our heavy work in the mornings and try to spend most of our afternoons in the shade. Engaging our guests and seeing them get excited about what we do in the Colonial Garden is especially rewarding to me."

"We also have been given excellent cooperation from the other Historic Trades here in getting some of the more involved and laborious tasks accomplished. Recently several tradesmen and women helped with the felling of the orchard and coach and livestock helped haul away the debris. It was a hard day's work but fun getting to work side by side with other trades in the town with

one common purpose."

**WHAT I DO TO IMPROVE THE GUEST EXPERIENCE:** "We take great pride in engaging our guests who visit the Colonial Garden. Being located in a very visible area, being out in the open and being a non-ticketed area we have hundreds of guests daily. We encourage them, especially the children who are visiting with their families, to actually help us in our daily chores, such as planting seeds, hoeing, watering plants and making waddle fences that we use in the gardens. Children seem to love the opportunity of actually helping out in our garden site. They gain a firsthand experience in colonial gardening."

"Most of our guests also have had their own gardening experiences in their own homes and while growing up, and we like to talk

to them about what they want to talk about regarding their own experiences. We connect with them and enjoy sharing our own experiences with them in this manner. We are always in the garden when visitors stop by to see what we are doing."

**MEMORABLE EXPERIENCES:** "In 2010, I was a student at the Horticultural Correspondence College and was fortunate enough to spend one semester in the United Kingdom learning everything I could about formal English gardens. I had a particular focus on plant types used and the many different styles and uses for formal gardens. During my stay, I was able to volunteer in one of the estate gardens while in Lincoln, England, and was also able to tour many other formal gardens in the peak district of the United Kingdom. I was also able to visit many formal gardens in Scotland and saw many creative ways on how people garden. Even people living in small apartments would have a garden in their window and in pots on their front patio."

"I have always been fascinated with gardening, even as a young child. My grandmother was an avid gardener, and I gleaned a lot of information from watching her when I was growing up. My family growing up always kept a garden as well, and my parents would let me explore and learn what I was interested in growing."

**INTERESTS/HOBBIES:** "I love going to the beach and spending time with some of my family who lives in Virginia Beach. I also love gardening and have a garden of my own at my home. I like visiting other historical gardens like Monticello and Mount Vernon. I have visited both sites this year, and it has been wonderful to work together with their gardening staff about 18th-century gardening techniques. There is so much information and I find that most historical gardeners are passionate about what they do so it's fun to bounce ideas and 'new' things we've learned or discovered among our research."

News Briefs

Employees, volunteers enjoy summer savings at Traditions, Huzzah's Eatery

Colonial Williamsburg employees will enjoy savings with two Summer Appreciation events.

Employees and volunteers receive a 40 percent discount on lunch at Traditions Restaurant at the Williamsburg Lodge. Traditions is open for lunch Monday-Saturday from noon to 2 p.m. The promotion is only valid Monday-Saturday in July and August.

Employees and volunteers must present a valid Colonial Williamsburg ID to the server to receive the discount. The discount is only valid for the employee's or volunteer's meal, and they must sign for the discount.

Brunch and alcoholic beverages are excluded from all discount programs.

Employees and volunteers are asked to be kind to their servers and leave a gratuity based upon the amount prior to discounting.

For more information on Traditions, please visit <https://www.colonialwilliamsburg.com/dol/restaurants/resort-restaurants/traditions/>.

Employees and volunteers receive a 25 percent discount on their meal at Huzzah's Eatery. Kids ages 12 and under can eat for free from the children's menu. Huzzah's Eatery is open 5-9:30 p.m. The promotion is only valid Monday-Thursday in July and August.

Employee and volunteers must present a valid Colonial Williamsburg ID to the server to receive the discounts. Children must be 12 and under and be accompanied by a paying adult. The free meal must be from the children's menu that includes a beverage and a scoop of ice cream.

These offers cannot be combined with any other discounts.

For more information on Huzzah's Eatery, visit <https://www.colonialwilliamsburg.com/dol/restaurants/resort-restaurants/huzzah/>.

Rockefeller Library's online catalog to be updated

The John D. Rockefeller Jr. Library announces a new incarnation of its online catalog in conjunction with our continuing partnership with the College of William and Mary Libraries. From July 22 - 25, all but basic catalog functions will cease as the data migration is completed.

The library will be able to check books in and out in person during this period in a limited capacity, but renewals and updates to users' library accounts will not be possible during this brief time. Once the new version of the catalog 'goes live' on Monday, July 25, the catalog will appear in its updated form.

There may be some disruptions of regular library services as the staff makes this conversion and becomes accustomed to the new catalog's functions.

Official CW Ghost Walk guides seeking new stories

Staff of the Official Colonial Williamsburg Ghost Walk wants to expand its collection of stories and include more employee stories and spookier stories.

Employees who have a tale of the unexplained that took place in the Historic Area and are willing to share should contact Leigh Jameson at [ljamason@cwf.org](mailto:ljamason@cwf.org). All

sources will remain anonymous.

Want to know more? If you haven't taken the Ghost Walk lately, all employees receive free tickets with a valid Colonial Williamsburg ID. The program launches nightly from the William Pitt Shop at 7 and 8:30 p.m.

Remove harmful sugars from your diet during challenge!

Time for a challenge! Join in the Wellness Revolution with the Foundation-wide Sugar Smasher challenge! Employees can register from July 11 - July 29 at [www.mynivrae.com](http://www.mynivrae.com) under the challenges section. The challenge begins on Monday, July 25.

Participate in this four-week challenge designed to decrease high-sugar food and beverage intake. Reducing your daily sugar intake can help lower high blood pressure, lower LDL cholesterol, keep skin clear, keep your brain sharp and much more.

Each day that you avoid these high-sugar foods and beverages, you award yourself one point. The goal is to reach 20 points over the course of the challenge. Employees who reach the 20 point goal will be entered into a raffle to win a Nutribullet! Look for more information to Smash the Sugar from your diet.

If you have any questions, contact benefits coordinator Amy Goldschmidt at 220-7026 or 7026.

Marketplace

**FOR SALE: 2014 Ultra Classic Harley Davidson.** blue & grey in color. 1,400 original miles. Heated grips, GPS, blue tooth and many other extras. Garage kept. \$21,400. CALL: (757) 220-2034 (home) or (757) 784-8321.

**FREE to church or good home: Hammond Organ Series spines.** Cherry wood with matching bench. 2 manuals and 12 pedals. Lots of music. CALL: JoAnn at (757) 258-5953.

**FOR SALE: 2001 Toyota corolla.** 120,000 miles, 4-door Automatic. Needs tires. \$1,700. CALL: (757) 253-7786.

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Deadline for Marketplace text is Monday at noon one week prior to publication. Ads must include employee's name and personal telephone number. Ads can run for up to two consecutive issues if you would like your ad to run again, please submit the ad in person or through e-mail to [progress@cwf.org](mailto:progress@cwf.org).

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